EconoMeals

VJJE Publishing Co.

Table of Contents

Introduction 1

Apples And Bean Bake 2

Bacon–Wrapped Franks 3

Banana Cream Cake 4

BBQ Beef 5

BBQ Cups 6

Bean & Beef Bake 7

Bean and Beef Dish 8

Beef Burgundy 9

Beef Pinwheel 10

Beef Stroganoff 11

Beefsteak Upside – Down Pie 12

Beef Stew 13

Breakfast Souffle 14

Budget Chocolate Cake 15

Burger Bundles 16

Buttermilk Lemon Pound Cake 17

Cabbage and Barley Soup 18

Casserole Divan 19

Casserole Supreme 20

Cheeseburger Baked Potatoes 21

Cheese Danish 22

Cheese Dog Casserole 23

Chicken Tetrazzini 24

Table of Contents

Chicken And Green Bean Casserole 25
Chili 26
Chili (Meatless) 27
Chicken Bake 28
Chicken & Dumplin's 29
Chicken Fricassee 30
Chicken and Rice with Broccoli 31
Chicken Soup 32
Chicken Tetrazzini 33
Company Roast 34
Coq Au Vin 35
Creamed Beef 36
Creamy Chicken Bake 37
Deep Sea Delight 38
Dill Eggs 39
Enchilada Casserole 40
Fish Chowder 41
Fried Apples & Bacon 42
Fried Bread Sausages 43
Garden Supper Casserole 44
Golden Nugget Soup 45
Ground Beef Turnovers 46
Hamburger And Gravy 47
Hamburger Cutlets Parmesan 48

Table of Contents

Honey Nut Crunch Bars 49
Hot Dog Casserole 50
Hungarian Pork Chops 51
Italian Bean Soup 52
Italian Mac Dinner 53
Lemon Broiled Chicken 54
Lisbon Liver 55
Macaroni Bake 56
Macaroni, Egg, and Ham Casserole 57
MacWeenies 58
Marinated Chicken 59
Meatballs 60
Meatless Chili 61
Meatloaf 62
Meat Pie 63
Mom's Goulash 64
Mushroom–Onion Chicken 65
Mystery Burgers 66
Oriental Dinner 67
Orzo And Vegetables 68
Pasta Fagoli 69
Pasta Veggies And Pesto 70
Peanut Butter Cookies 71
Pea Soup 72

Table of Contents

Pizza Potatoes 73

Pizza Casserole 74

Polish Sausage Bake 75

Pork Roast 76

Potato – Salmon Au Gratin 77

Potato Soup 78

Potato Casserole 79

Pot Roast 80

Raspberry Chicken 81

Red Beans & Rice 82

Rice and Raison Custard 83

Salisbury Steak 84

Salmon Burgers 85

Salmon Cakes 86

Salmon Quesadillas 87

Sausage And Cheese Casserole 88

Shepherd's Pie 89

Skillet Cabbage 90

Spam & Gravy On Biscuits 91

Spanish Rice 92

Steak And Mushrooms 93

Stuffed Peppers 94

Sweet & Sour Meat Balls 95

Taco Casserole 96

Table of Contents

Taco Cornbread Pizza 97

Taco Soup 98

Tamale Pie 99

Tater Tot Casserole 100

Thrifty Salad Mold 101

Toasty Cheese Bake 102

Tuna Casserole 103

Tuna Chili Surprise 104

Turkey Scaloppine 105

Turkey Soup 106

Turkey Pot Pie 107

Vanilla Ice Cream 108

How To Prepare Delicious Meals On A Budget

Copyright© 2002 VJJE Publishing Co. All Rights Reserved

Apples And Bean Bake

2 (12 oz.) cans Spam
Whole cloves
1/4 c. light molasses or syrup
3 tbsp. prepared mustard
2 tbsp. vinegar or lemon juice
2 tsp. Worcestershire sauce
2 (1 lb. 4 oz.) cans Boston baked beans
20 oz. can pie sliced apples

Remove meat from cans and score top. Stud with cloves. Place meat in center of a shallow baking dish. Combine molasses and mustard in mixing bowl. Stir in Worcestershire and vinegar. Add beans and apples; toss. Spoon around meat. Bake 350 degrees for 45 minutes.

Bacon–Wrapped Franks

4 slices bread, cut in 1/2" cubes
2 tablespoons chopped onion
1 tablespoon finely chopped parsley
1/4 teaspoon dry mustard
3 tablespoons water
Salt and pepper
6 frankfurters
6 slices bacon

Combine first 4 ingredients; add enough water to moisten, and mix well. Season to taste with salt and pepper.

Slit frankfurters lengthwise, cutting almost through; stuff with bread mixture. Wrap a bacon slice around each frankfurter, securing with a wooden pick. Place in a shallow pan and bake at 400 degrees F. for 15 to 20 minutes.

Banana Cream Cake

FILLING:
1–1/2 Cup Milk
1 Vanilla pudding mix; 4oz size

CAKE:
1 Purchased sponge cake; 8–9 inch
1–1/2 Cup Heavy whipping cream
1/4 Cup Confectioners sugar

GARNISH:
1 Sliced bananas
1 Toasted coconut

1) Filling: Cook pudding according to pkg. directions using the 1 1/2 cups milk. Remove from heat and cover surgace with platic wrap, to keep a skin from forming. Refrigerate until cool, then stir in bananas.
2) To Assemble: Cut cake in 3 layers, using a long serrated knife. Place 1 layer on a serving plate and spread with about 1 1/2 cups filling. Top with a second layer, spread with remaining filling, then add remaining cake layer.
3) Beat cream and sugar with electric mixture until stiff peaks form when beaters are lifted. Spead on top and sides of cake.
4) Shorty before serving, slice banana over top of cake and sprinkle with toasted coconut. Cost per Serving: 55 cents

BBQ Beef

2 1/2–3lb boneless roast ($3–4 or wait and buy it on sale)
1 cup strawberry preserves($2 for whole jar)
1 small onion chopped ($1 at most)
1 green or red bell pepper, chopped
2 tblsp prepared mustard (reg or dijon)
1/2 cup brown sugar
1 cup bbq sauce (whatever flavor you like)

Spray crockpot with non–stick cooking spray. Mix all ingredients except the roast in a bowl. Place roast in crockpot and then pour mixture on top. Cook on low 6–7 hours. Remove roast and slice thinly. Place back in crockpot for about 20 minutes. Serve over store brand hamburger buns or whatever bread you like.

BBQ Cups

3/4 lb. hamburger meat (I buy the lean – $1.75)
1/2 cup BBQ sauce ($.30 – if even that)
2 tlbs. brown sugar (pennies)
1 tlbs. minced onions (pennies)
1 can Pillsbury biscuits ($.75)
3/4 cup shredded cheddar cheese

Brown beef, drain. Add bbq sauce, brown sugar and onion. Place individual biscuits into muffin pan – ungreased, press them out all around each muffin pocket. Put meat mixture into the biscuits and top with cheese. Bake at 400F degrees for 10–15 minutes

Bean & Beef Bake

1/2 lb. ground beef
1/2 c. chopped onions
1/3 c. chopped green peppers
1 lb. chili powder
1 can (20 3/4 oz.) Campbell pork & beans
3 c. cooked elbow macaroni
2 c. shredded cheese
1/2 c. milk

Cook meat, onion, green peppers and chili powder until tender (use oil if needed). Stir to separate meat. Add beans, macaroni, cheese and milk. Pour into 2 quart casserole. Bake at 400 degrees for 30 minutes or until hot; stir. Can garnish with green pepper rings.

Bean and Beef Dish

1 pound ground beef (1.68 per pound)
1 can beans with molasses (about 1.19)
1 cup ketchup
1 cup brown sugar
2 small biscuit tubes (I buy the ones that are 3 for 88 cents, they contain 5 biscuits each)
1/2 cup shredded cheddar cheese (about 99 cents)

Brown ground beef. Drain and place in ungreased, round 1 1/2 qt casserole dish. Stir in beans, ketchup and brown sugar. Mix well. Take biscuits and cut in half so that one side is flat. Place in two rows around the casserole dish. (leave the middle open or the biscuits will not cook right). Sprinkle with cheese.

Bake at 350F until the biscuits are done (about 20 minutes).

Beef Burgundy

2 lbs. beef, cubed
1 can golden mushroom soup
1 pkg. dry onion soup
1 c. red wine

Combine all ingredients. Bake at 350 degrees for 1 1/2 hours. Serve over rice or noodles sprinkled with poppy seeds. Serves 2 to 4. To extend recipe, add mushrooms, small onions, or carrots. Serve with tossed salad and herbed bread.

Can be prepared the day before. It actually tastes better the second day.

Beef Pinwheel

1 lb ground beef
1 1/2 ts salt
1 TB worcestershire sauce
1 egg — well beaten
2 TB ketchup
1/3 cup bread crumbs — dry
3 cups cabbage — cooked and chopped
1/2 cup onions — sauteed and chopped

Heat oven to 350F. Grease a shallow baking pan. Combine meat, salt, worcestershire sauce, egg, ketchip, and bread crumbs. Blend well. Roll out meat between 2 sheets of waxed paper into an oblong about 1/2 inch thick. Spread with cabbage mixture. Roll like a jelly roll. Place in baking pan. Bake 40 to 45 minutes. Serve plain or with canned cream of vegetable soup, heated to boiling as a sauce.

Beef Stroganoff

2 tbsp. butter
1/2 c. diced onions
Garlic
2 tbsp. flour
2 tbsp. salt
1 can sliced mushrooms
1/4 tsp. pepper
1 lb. ground beef
1 can consomme
1 tbsp. vinegar
1 (6 oz.) can tomato paste
1 bag egg noodles
1 pt. sour cream

In a heavy skillet over medium heat, melt butter, saute onion and garlic until soft. Sprinkle mixed flour, salt and pepper over meat. Add meat and mushrooms to skillet and cool. Stir often for 6 minutes. Stir in consomme, vinegar, tomato paste. Simmer, uncovered for 10 minutes. Stir often, cook until desired consistency. Cook noodles for 14 minutes, drain in hot water, return to cooking pan after melting 2 tablespoons butter. Blend in sour cream just before serving and simmer 2 minutes to heat. Serve over noodles.

Beefsteak Upside – Down Pie

1 lb. ground beef
3/4 c. celery, chopped
1/4 c. onion
1/4 c. green pepper
1 tsp. prepared mustard
2 tbsp. shortening
1 can tomato soup
1–1/2 c. Bisquick mix
1/3 c. water

Cook beef, celery, onion and green pepper in shortening until lightly browned. Stir in soup and mustard. Mix dough and roll into a circle. Place on top of meat mixture and bake at 450 degrees about 15 minutes.

Beef Stew

1 1/2 lbs. stew meat/hamburger meat/cheap cut up steak
1 can ginger ale
1 envelope dry onion soup
1/2 bag or 1 small box frozen mixed vegetables
1 can diced tomatoes (optional)
1–3 peeled cubed potatoes

Preheat your oven to 400F. Mix all ingredients in a covered roaster and mix well. Wait for oven to get really hot!! Cook for 1 1/2 hours.

If you do the slow cooker version, combine all the ingredients and set on low–med before you get your day started. By the time you get settled for supper, you'll have a great stew that serves about 6–8 hungry people!!

Breakfast Souffle

16 slices of bread
1 –12 oz. can of Spam
1/2 onion, diced
1/2 green pepper, chopped
1 –4 oz. can mushrooms, drained
8 Ounces cheddar cheese, grated
6 large eggs
3 1/4 cup milk
1/ 4 Teaspoon pepper
1 Teaspoon salt
2 cups corn flakes, crushed
1/3 cup melted butter

Remove crusts from bread. Butter one side. Place half of bead, buttered side down, in a 9x13x2 inch baking dish. Slice Spam into 12 slices and place on bread. Sprinkle the onion, green pepper, mushrooms, and cheese over the Spam mixture. Place remaining bread on top, buttered side up. Beat the eggs. Add milk and seasonings. Pour over bread. Refrigerate over night. Remove one hour before baking. Top with crushed corn flakes and melted butter. Bake at 350*F for one hour or until set.

Budget Chocolate Cake

3 c. plain flour
2 c. sugar
2 tsp. salt
6 tbsp. cocoa
2 tsp. soda
1/2 c. oil
1 tbsp. vanilla
2 tbsp. vinegar
2 c. water

Combine dry ingredients in a bowl. While mixing by hand, add the oil, vanilla, vinegar and water. Pour into a greased and floured 9x13 inch pan. Bake at 350 degrees for 30 minutes.

NOTE: There are no eggs.

FROSTING:

6 tbsp. margarine 6 tbsp. milk 6 tbsp. cocoa 1 tsp. vanilla 1 box powdered sugar

Blend until fluffy and spread on cake.

Burger Bundles

1 lb. ground beef
Bread stuffing or Stove Top stuffing prepared as directed on pkg.
1 can cream of mushroom soup
2 tbsp. catsup
2 tsp. Worcestershire sauce

Heat oven to 350 degrees. Divide ground beef into 6 equal parts. Flatten into circles (very thin). Place bread stuffing on each circle and mold ground beef around, forming a ball. Place in baking dish and top with 1 can of cream of mushroom soup mixed with 2 tablespoons catsup and 2 teaspoons Worcestershire sauce.

Bake at 350 degrees for 1 hour.

Buttermilk Lemon Pound Cake

1–1/2 c. butter, softened
2 1/2 c. sugar
4 eggs
3 1/2 c. flour
1/2 tsp. salt
1/2 tsp. soda
1 c. buttermilk
2 tbsp. lemon extract

Cream butter and sugar in mixer bowl until light and fluffy. Add eggs one at a time, beating well after each addition. Sift flour, salt and soda together. Add to creamed mixture alternately with buttermilk, beating well after each addition. Stir in lemon extract. Pour into a greased and floured tube pan. Bake at 325 degrees for 1 1/4 hours. Cool in pan. Invert onto serving plate.

Cabbage and Barley Soup

1 medium onion, coarsely chopped (approx. 25 cents)
1/2 medium head of cabbage, coarsely chopped (approx. 50 cents)
1/2 cup barley (approx. 25 cents... about $2 for a small box)
3 cubes beef bouillon (approx. 10 cents.... I buy the jars of store brand and stock up when they are on sale)
1/2 cup of catsup (just pennies if you buy store brand on sale or use coupons)
3–4 cups water (enough to cover the cabbage and make broth)

I usually make this from ingredients around the house, so I am estimating the cost. Throw it all in a pot, bring to a boil and cook about 30 minutes.
Serve with a nice loaf of crusty homemade bread and you have dinner that's practically free!

Casserole Divan

1 (8 oz.) cheese whiz
1/2 cup milk
7 oz. spaghetti, break in thirds cook and drain
2 tbsp. margarine
10 oz. cooked broccoli
1 cup chopped chicken or turkey
1 (4 oz.) can mushrooms, drained
2 tbsp. chopped pimento
1/4 tsp. salt
1/4 tsp. sage

Combine cheese and milk mix. Toss spaghetti with margarine. Combine all ingredients Mix well. Spoon into 2 quart casserole. Cover and bake at 350 degrees for 30 to 35 minutes. Stir well before serving. This is easy cheap and good.

Casserole Supreme

1 lb. hamburg
2 med. onions
1 can creamed corn
1 can tomato soup
2 cups (1/2 inch) wide noodles (med. sized)
American cheese slices

Slice or chop onions; brown in skillet. Add hamburg and stir until meat is browned. Add corn and tomato soup. Separately boil the noodles. Combine all except the cheese. Place in casserole. Cook 20 minutes, uncovered, in 300F degree oven. Top with cheese; cover and heat for 10 minutes more or until cheese melts into noodles. Stir gently.

Cheeseburger Baked Potatoes

2 Pounds Extra lean ground beef
2 Large clove garlic, minced or pressed
2 Tablespoon Vegetable oil
Salt and pepper to taste
8 Large baking potatoes
2/3 Cup Hot milk
4 Tablespoon Butter or margarine, soft
2 Cup Shredded Cheddar cheese
Chopped parsley ot paprika, for garnish, optional

Crumble beef. Heat garlic and oil in skillet. Add the beef. Cook over medium to low heat untul browned. Add salt and pepper. Scrub the potatoes, pierce them. Bake at 400 degrees F for 1 hour or until cooked through. Cut a thin slice from top of each potato. Scoop out pulp, leaving a 1/4–inch shell. Place pulp in medium mixing bowl. Arrange shells on a baking pan. Add milk and butter to potato pupl. Whip until smooth and fluffy. Stir in half the cheese. Turn into pastry bag with fancy tip, if desired. Fill potatoes with cooked ground beef. Press potato mixture decoratively over the meat or spoon over meat with teaspoon. Sprinkle with remaining cheese. Return to oven. Bake for 10 minutes at 400 degrees F until cheese is melted. Sprinkle with parsley or paprika, if desired and serve immediately.

Tips: These stuffed potatoes may be prepared ahead and refrigerated. If the potatoes are chilled, reheat at 350 degrees F for about 20 minutes or until heated through.

Good served with: Green salad, coleslaw or cauliflower salad, whole wheat bread and apple pie for dessert.

Cheese Danish

2 tubes refrigerated bread sticks (on sale for $.50 each)
1 – 8 oz. package of cream cheese (store brand @ $.99)
1/4 cup powdered sugar (aproximatly $.05)
1/2 tsp. lemon juice (pennies)

Frosting:
1/2 cup powdered sugar (aprox. $.10)
1–2 tsp. milk (pennies)

Separate bread sticks but do not uncoil, place on ungreased cookie sheet. With your thumb make an indention into the tops of each coil. In a bowl mix cheese, sugar and lemon juice until smooth. Place about 1 tbs. of cheese mix into indentions. Bake at 400 for 15–20 min. Meanwhile combine remaining sugar and milk until smooth. Drizzle frosting over warm danish. Yields 1 dozen. At about $.16 per danish you can't lose.

Cheese Dog Casserole

2 tbsp. butter or margarine
2 tbsp. minced onion
2 tbsp. minced green pepper
1 can condensed cream of chicken soup, undiluted
2 cups cooked noodles
2 cups diced hot dogs (5)
1/8 tsp. curry powder
1/2–3/4 tsp. salt
3/4 cup grated sharp Cheddar cheese

Start, heating oven to 350F degrees. Saute onions and peppers in butter until tender. Add hot dogs, curry, salt and noodles, then 1/2 cup grated cheese. Turn into 2 quart casserole. Top with 1/4 cup grated cheese. Bake 30 minutes.

Chicken Tetrazzini

1/2 pound spaghetti
10 1/2 oz. can cream of mushroom soup, condensed
2 oz. mushrooms, canned; sliced
1 cup Milk or half and half for richer flavor
2 cans chicken in water; drained & flaked or
(3) cooked chicken breasts cut in chunks.
1 cup Soft bread crumbs
1/4 cup Parmesan cheese; grated
2 tablespoons butter or margarine; melted

Break spaghetti into small pieces (2 to 3 inches) and cook according to package directions. Meanwhile, combine soup, mushrooms, cream, and chicken. Drain spaghetti and combine with soup mixture.

Put into greased 2 to 2 1/2 quart casserole. Mix bread crumbs, cheese, and melted butter and sprinkle on top of mixture in casserole. Bake in hot oven (400F) 45 minutes to 1 hour or until browned and bubbly.

Chicken And Green Bean Casserole

4 1/2 c. cooked rice (1–1/2 c. uncooked)
1 tbsp. parsley flakes
1–1/2 c. (8 oz.) cubed, cooked chicken
1 sm. can cut green beans, drained
3/4 c. milk
1 (10 3/4 oz.) can cream of mushroom soup
1 (2.8 oz.) can Durkee French fried onions

Combine cooked rice and parsley in 8 x 12 inch baking pan with spoon. Press rice up sides and over bottom to form crust. Combine chicken, beans, milk, soup, pepper and 1/2 can of fried onions – spoon into rice crust. Bake covered at 350 degrees for 35–40 minutes. Top with remaining onions and bake uncovered five minutes longer.

Chili

1 lb. ground beef ($.99)
1 can diced tomato with chilis (store brand $.50)
1 8 oz. can regular tomato sauce (store brand $.39)
1 cup water
1/2–1 onion, chopped (pennies)
1 green pepper, chopped (as little as $.30/however, when on sale I chop a bunch & keep in freezer so I don't have to pay the higher prices when I need one)
2–3 cloves garlic, chopped or minced (pennies)
3–5 Tablespoon chili powder
salt, pepper, onion & garlic powder, and cumin to taste.

In a dutch oven brown ground beef with onion, green pepper & garlic. Drain. Add tomato sauce, diced tomatoes, water & seasonings. Bring to a boil & then simmer approximately 20 minutes. While simmering I shred cheese to go on top. If in a hurry I warm flour tortillas; if more time I bake a quick cornbread recipe. Add a salad & you've got a quick meal. Leftovers are great as "Frito" pie or chili dogs!

Chili (Meatless)

1 can chili beans in gravy (.89)
1 can kidney beans (.89)
1 can stewed tomatoes (.67)
1/2 cup sliced celery (pennies)
1/4 cup diced onion (pennies)
1 Tbsp chili powder (pennies)
1 cup cooked rice (pennies)
salt to taste
(optional) sour cream, grated cheese, hot sauce

In sauce pan, cook celery, onion and tomato for 5 minutes. Add everything else but rice, sour cream and cheese. Cover and simmer for 15 minutes. Add rice, put into bowls and top with any or all of the "optionals".

Chicken Bake

2 c. diced, cooked chicken
1 (10 3/4 oz.) can cream of chicken soup
1 c. water
1/2 c. milk
1/2 c. grated Cheddar cheese
1/2 tsp. dry mustard
1/2 tsp. salt
1–1/2 c. quick cooking rice
1 (10 oz.) pkg. frozen broccoli, thawed

In greased 1 1/2 quart casserole dish, blend soup, water and milk. Stir in chicken, cheese, mustard, salt, rice and broccoli. Bake at 400 degrees for 25 minutes.

Chicken & Dumplin's

1 1/2 pound of chicken legs and or thighs $1.50
5 cups chicken broth from boiled chicken $.0
21 1/2 ounces cream of chicken soup (2 cans) $2.00 (or make your own, then it's pennies)
1/2 – 1 teaspoon salt
1/4 teaspoon pepper
16 pieces biscuit, canned (2 cans) $.50 (4 for a $1.)

Boil the chicken in 8 cups of water. Boil. Skin and tear chicken into bite size pieces, save 5 cups of broth. Keep torn chicken and chicken broth in pot.

Add cream of chicken soup to chicken broth, bring to a boil. Keep stirring, or the chicken will settle on bottom and burn. Add salt and pepper to taste.

Reduce heat to low, tear biscuits into quarter pieces, drop in biscuits (dumplins).

Cook uncovered over low heat for 10 minutes, then cook cover for an additional 10 minutes. Test the dumplins with a toothpick, dumplins are done when toothpick comes out clean.

Chicken Fricassee

1–3 to 4 pound broiler chicken (cut up) 3.00 to 4.00
flour to dredge chicken–pennies
1 medium onion, sliced 10 cents,
1 can cream of chicken and 1 can cream of celery soup – store brand 50 cents each.
Spices – Garlic powder, Salt , Pepper, Oregano – pennies.

Coat chicken with flour and brown in a frying pan with one tablespoon of oil.

Transfer to a Dutch oven. Slice onion and place on top of chicken. In the frying pan stir together browned bits with 2 cans of soup, add 2 cans of water and bring to a boil while stirring. Pour this mixture over the chicken; season with spices to taste. Cover and bake in a 350 degree oven for an hour and a half. Makes a delicious gravy–be sure to serve with mashed potatoes. Can be made less expensively with leg quarters purchased on sale.

Chicken and Rice with Broccoli

2–4 breasts of chicken (buy the skin on/bone in @ 88 cents a pound, then simply de–skin and de–bone the chicken)
2 cans cream of mushroom soup (50 cents/each – store brand)
1 box chicken & broccoli rice mix (Farmhouse or Rice–a–Roni are always on sale)
1 bunch broccoli (75 cents pound on sale)

Place chicken breast in crock–pot. Pour cans of soup over breasts. Season to your discretion. Cover crock–pot and cook on low for 10 hours. Before you are ready to serve the chicken, prepare box of chicken & broccoli rice according to package. Steam broccoli. Combine the two. Spoon breasts onto plates. The soup makes an excellent gravy topper. Add the broccoli and rice mixture as the side dish.

Chicken Soup

1 whole fryer chicken (.79 a lb. on sale)
1 bag carrots (.50 a bag)
1 bunch celery (.50 a bunch)
1 onion (? not much)
1 cup rice or barley (about .20, I buy in bulk)
1 can chicken broth (.59 store brand)
enough water to cover everything
salt, pepper, and garlic salt to taste (pennies)

Crock pot fryer chicken for about 3 hours on high in broth, salt, pepper, and garlic salt. Remove chicken from bone.
Cut up carrots, celery and onion into bite size pieces. Add to broth along with rice or barley. Add seasoning to taste.
Crock pot for another couple hours to allow vegetables to cook, and flavors to blend.

Cost per serving: about .50 (It's about $5.00 for the whole recipe)

Chicken Tetrazzini

1/2 pound spaghetti
10 1/2 oz. can cream of mushroom soup, condensed
2 oz. mushrooms, canned; sliced
1 cup Milk or half and half for richer flavor
2 cans chicken in water; drained & flaked or (3) cooked chicken breasts cut in chunks.
1 cup Soft bread crumbs
1/4 cup Parmesan cheese; grated
2 tablespoons butter or margarine; melted

Break spaghetti into small pieces (2 to 3 inches) and cook according to package directions. Meanwhile, combine soup, mushrooms, cream, and chicken. Drain spaghetti and combine with mushroom–tuna mixture.

Put into greased 2 to 2 1/2 quart casserole. Mix bread crumbs, cheese, and melted butter and sprinkle on top of mixture in casserole. Bake in hot oven (400F) 45 minutes to 1 hour or until browned and bubbly.

Company Roast

3 to 5 lb. beef pot roast (or chuck roast)
2 tbsp. margarine
1/2 c. brown sugar, firmly packed (can
substitute 1/2 c. white sugar mixed with 1/4 c. molasses)
1/4 tsp. light salt
1/2 c. vinegar
1/4 c. light soy sauce (has less salt)
1/2 bay leaf, crumbled
2 med. onions

Brown roast in hot margarine, in pan used for oven. Mix sugar, salt, vinegar, soy sauce and leaf pieces. Pour over roast. Cover tightly and cook for 2 hours in 300 degree oven. You may add scrubbed potatoes with the skins still on them and peeled whole carrots to the pot at the beginning. They will pick up the roast flavor. For gravy, thicken the remaining liquid in the pot with 1 1/2 tablespoons flour for every cup of broth.

Coq Au Vin

1 chicken, cut up
1/3 cup cooking sherry
1 can cream of mushroom soup
10 sm. white onions or 5 slightly larger ones
Oil

Put some oil in the bottom of a large frying pan. Heat at just under high heat. Cook chicken 3 to 5 minutes on each side until yellow on each side. Dump in rest of ingredients; cover pan and turn heat down to simmer. Cook 1 hour; serve over rice.

Creamed Beef

1/4 cup biscuit mix or flour
1–1/2 cup milk or milk & cream
1 lb. lean ground round
Margarine
Salt & pepper
Biscuits or toast

Brown ground meat. Pour off and save fat and other liquids. Add melted margarine to saved liquids to make 1/3 cup. Heat fat, liquids and 1 cup of milk in saucepan until warm. Put remaining milk (it must be cold) in jar with lid or blender. Add flour and shake or whirl until lump free. Stir flour mixture into fat/liquid mixture and saucepan and stir until it boils and thickens. Serve over biscuits or toast.

Creamy Chicken Bake

2 cups cooked macaroni ($1.00)
1/2 tbs. butter (cents)
3 tbs. flour (cents)
1/2 cups cream or milk (cents)
1 cup cream cheese, softened (.99 cents)
1 cup hot chicken broth (nothing – use the broth after cooking the chicken)
2 cups cooked chicken(3.00 or 4.00 for a whole chicken)
salt and pepper to taste (cents)

Add all ingredients into casserole dish and bake in a 350 degree oven for 45 minutes. Also is good on toast.

Deep Sea Delight

8 oz. egg noodles
1 can mushrooms
1 can tuna fish
1 can cream of mushroom soup
1 can asparagus
Liquid from mushrooms and asparagus
1 c. grated cheese

Cook noodles. Add soup, mushrooms, tuna, 1/2 of asparagus, 1/2 of the cheese and about 1/2 of the reserved liquid; mix well. Pour into greased casserole and top with the remaining cheese and asparagus. Bake at 350F degrees for 45 minutes.

Dill Eggs

9 eggs (or fewer, if you want). Use eggs that are a week or two old – not too fresh – less than $1
Dill juice from a jar of pickles (32 oz jar for 9 eggs) – $0 – leftover water $0

Put eggs in a saucepan and add enough cold water to cover eggs. Turn stove on to high, and bring eggs to a boil. Once they are boiling, reduce heat to medium and let eggs cook another 15 minutes. Remove eggs from stove, drain off the hot water, and add cold water to the saucepan to cool the eggs. Peel the eggs, rinse them off, and toss them in the jar of dill juice. If you need more juice to cover the eggs, just add enough water to cover the eggs. Let the eggs pickle for 24 hours in your refrigerator. Eat them over the next week or so. The longer they stay in the juice, the stronger the dill eggs are. After you eat all of the eggs, you can use the same juice to make another batch of eggs!

Enchilada Casserole

1lb. ground beef (on sale $.99)
1 pack flour tortillas 10 count ($1.89)
1 large jar salsa ($2.29)
2 cups shredded cheddar cheese ($1.50 on sale)
2 tsp. chili powder (pennies)
2 tsp. garlic salt (pennies)
1/2 tsp. red pepper flakes (pennies)
1/4 c. water

In a large skillet brown ground beef, drain well. Add spices and water, boil for about 5 min until water is almost completely absorbed. Add 1/2 jar salsa and 1 cup cheese to beef, mix well. Fill each tortilla with 2 tbs. of meat mixture rolling as you go. Place filled tortillas seam side down in a 9x13 glass baking pan. Top enchiladas with remaining salsa and cheese. Bake uncovered at 350 for 20–25 min. Serves 6 at $1.12/serving

Fish Chowder

1/4 cup finely chopped onions
1/4 cup margarine
1/4 cup flour
2 cup milk
1 tsp. salt
2 tsp. lemon juice
1/4 tsp. dill weed
Dash of pepper
2 tbsp. spicy brown mustard
1 (10 oz.) pkg. frozen codfish or other fresh or frozen fish
1–1/2 or 2 cups cooked, cubed potatoes
1–1/2 cup soft bread crumbs
1/4 cup melted butter or margarine

Saute onion in margarine. Stir in flour. Add milk; cook and stir constantly until thickened. Add salt, lemon juice, dill weed, pepper, and mustard. Cut thawed fish into cubes and add to sauce along with potatoes. Pour into a 2 quart casserole. Mix bread crumbs with melted margarine and sprinkle on top. Bake at 350F degrees for 30 minutes.

Fried Apples & Bacon

4 winesap apples
1/4 cup water
8 slices of bacon
1/3 cup sugar

Fry the bacon over low heat until cooked but not crisp. Remove bacon and drain off all but a couple of table–spoons of the bacon fat. Add sliced apples. Cover and cook over low heat until apples are almost tender. Add sugar and cook on medium heat until candied. Return bacon to the pan and cook briefly, turning frequently.

Serves 4 at a cost of 25 cents a serving.

Fried Bread Sausages

5 ounces soft bread crumbs
3 ounces cheddar cheese, grated
1 onion, chopped
1/8 teaspoon dry mustard
1/4 teaspoon salt
1/8 teaspoon pepper
1 egg
1 egg yolk
2 tablespoons flour
1 egg white, beaten
2 cups oil

In a large bowl mix together soft bread crumbs, grated cheddar cheese, finely chopped onion, dry mustard, salt, and pepper.

In a small bowl beat together egg and egg yolk and stir into the bread crumb mixture. Make into small sausage shapes and roll in flour. Roll next in beaten egg white. Preheat a skillet with hot oil and drop bread rolls in oil until brown.

Garden Supper Casserole

2 cup cubed soft bread
1/2 cup shredded sharp Cheddar cheese
2 tbsp. margarine, melted
1 cup cooked peas
2 tbsp. chopped onion
3 tbsp. margarine
3 tbsp. flour
1 tsp. salt
1/8 tsp. pepper
1–1/2 cup milk
1 cup cut–up meat, cooked (use leftovers!)
1 lg. tomato, sliced

Heat oven to 350F degrees. Mix bread cubes, cheese, and 2 tablespoons melted margarine. Spread half of the mixture in a greased 1–quart casserole and top with peas. Cook and stir onions in 3 tablespoons margarine until tender. Blend flour and seasonings. Cook over low heat, stirring until mixture is bubbly. Remove from heat. Stir in milk, heat to boiling, stirring constantly. Boil and stir for 1 minute. Stir in meat. Pour over peas. Arrange tomato slices on top and sprinkle with remaining bread crumb mixture. Bake uncovered 25 minutes.

Golden Nugget Soup

3 med. potatoes, diced
2 carrots, diced
1 med. onion, diced
1 cup whole kernel corn
1 tbsp. margarine
1 can cream of chicken soup
2 cups milk
Salt and pepper to taste

Combine vegetables and margarine in soup kettle, add water to cover. Bring to a boil. Reduce heat; simmer until vegetables are tender. Stir soup and milk, heat gently.

Ground Beef Turnovers

4 Cup Flour
1 Tablespoon Sugar
2 Teaspoon Salt
1 3/4 Cup Shortening
1/2 Cup Ice water
1 Egg, lightly beaten
1 Tablespoon Vinegar

Filling:
2 Pound Lean ground beef, uncooked
1 Cup Diced carrots
2 Medium Potatoes cut in 1/4" cubes
1 Medium Onion, chopped
1 Teaspoon To 2 t. Salt
1/4 Teaspoon Pepper
Half–and–half cream,optional

In a bowl, combine flour, sugar and salt; cut in shortening until mixture resembles coarse crumbs. Combine the water, egg and vinegar; mix well. Add to shortening mixture, 1 tablespoon at a time, tossing lightly with a fork until mixture forms a ball. Cover and chill for

Meanwhile, combine the first 6 filling ingredients. Divide pastry into 15 equal portions. On a lightly floured surface, roll out one portion into a 6 1/2" circle. Mound a heaping 1/3 cup filling on half of circle. Moisten edges with water; fold dough over filling and press edges with a fork to seal. Transfer to a greased baking sheet. Repeat with remaining pastry and filling.

Cut 3 slits in the top of each turnover; brush with cream. Bake at 375 degrees for 35–40 minutes or until vegetables are tender and crust is golden brown.

Hamburger And Gravy

1 lb. hamburger
1/4 Teaspoon meat tenderizer
2 bay leaves
1 Tblsp ketchup
2 cups water
1 small onion, chopped
2 Tblsp flour
2 bouillion cubes (beef)
1/4 Teaspoon Gravy Master

Brown hamburger meat with chopped onion and meat tenderizer. Add flour; stir until blended. Add water slowly, then add the remaining ingredients. Turn the heat down to a simmer and cook for 1/2 hour.

Hamburger Cutlets Parmesan

2 pounds lean ground beef
1 tbs. chopped parsley
1 tsp. seasoned salt
1/4 tsp. pepper
flour
dry Italian bread crumbs
2 eggs, beaten
6 slices Monterey Jack, or Mozzarella cheese
15 oz. jar spaghetti sauce with mushrooms
2 tbs. grated Parmesan cheese

Mix beef with parsley, salt and pepper. Shape into 6 patties. Coat both sides with flour, dip in egg, and coat well with bread crumbs. Fry in hot oil till browned on both sides. Arrange in 9x13–inch baking pan. Top each patty with a slice of cheese. Pour spaghetti sauce over all and sprinkle with Parmesan cheese. Bake, uncovered at 400F for 25 minutes.

Honey Nut Crunch Bars

1/3 Cup Butter or margarine
1/3 Cup Honey
1 Cup Light Brown Sugar; packed
1/2 Teaspoon Ground cinnamon
1 Teaspoon Vanilla extract
2 Can Chow–mein noodles; 5oz each
1 Can Mixed nuts; 6.5oz

1) Grease a 9–inch square pan. 2) Put butter, honey, bronw sugar and cinnamon into a 3–quart saucepan. Stirring constantly, bring to a boil over med. heat, then boil 1 min. Remove from heat. Stir in vanilla. 3) Add noodles and gently stir (fold) until coated. Stir in nuts. 4) Scrape mixture into prepared pan. Cover with waxed paper and press into an even layer. Remove paper. Let stand at least 1 hour before cutting bars with large heavy knife.

Hot Dog Casserole

1 pkg. hot dogs (sliced crosswise)
1 med. onion
1 pkg. frozen mixed vegetables
2 tbsp. margarine
1–1/2 c. minute rice
1 (16 oz.) can stewed tomatoes
Salt & pepper to taste

Saute onions and hot dogs in butter. While they saute, cook the vegetables (in 1 1/2 cups of water). Add stewed tomatoes to the onions and hot dogs. Add rice to the hot dogs. Add vegetables and water to the hot dogs. Simmer 15 to 20 minutes. Serve with biscuits.

Hungarian Pork Chops

4 pork chops (or 4 boneless pork medallions)
2 tbsp. butter
2 green onions, chopped
1/2 lb. mushrooms, quartered
paprika to taste
1 tbsp. flour
1/4 cup dry sherry
1/2 cup chicken broth
1/8 cup heavy cream

Saute pork in butter. Add onions and mushrooms; cook until soft. Sprinkle with paprika and flour, stirring until flour is absorbed. Add sherry and broth. Stir until well blended. Cover and cook over low heat for 35 to 45 minutes, depending on thickness of pork slices. Stir in cream and bring to a boil over high heat. Reduce cream sauce until thick and smooth. Makes four servings at 80 cents each.

Italian Bean Soup

1 cup dry great northern beans (.35)
1 cup dry red beans (.35)
1 28–ounce can tomatoes, cut up (1.15 but cheaper if you make your own from a garden)
1 medium onion chopped (.14)
2 tablespoons instant beef bouillon granules (pennies) I usually freeze homemade beef stock into ice cubes and use 2 for this recipe.
2 cloves of garlic, minced (pennies)
2 teaspoons Italian seasoning, crushed (pennies)
1/4 teaspoon black pepper (pennies)
1 – 9–oz package frozen Italian–style green beans or cut green beans (.99)

Rinse dry beans. In a Dutch oven combine rinsed beans and 5 cups cold water. Bring to boiling; reduce heat. Simmer for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse the beans. (You may also soak beans overnight in cold water in a covered pan, then drain and rinse.)

In a 3 1/2 or 4 quart crock pot/slow cooker combine beans, 4 cups fresh water, undrained tomatoes, onion, bouillon or beef stock, garlic, 2 teaspoons Italian seasoning and pepper. Cook uncovered on low–heat setting for 11 to 13 hours or on high heat setting for 5 1/2 to 6 1/2 hours or until beans are almost tender. Meanwhile, thaw green beans; stir into soup. Cook about 30 minutes on high–heat setting or till beans are tender.

Italian Mac Dinner

2 boxes Mac & Cheese (store brand 2@.89)
1lb. hamburger (on sale @ .89/lb)
1 small onion diced (unsure of price)
1/2 green pepper diced (unsure of price)
1 – 16 oz. can spaghetti sauce (store brand meat flavor @ .89)
1 package (2 cups) mozzarella (store brand 1.50 on sale)

Make mac&cheese according to package directions. Brown hamburger, onion, and pepper. Drain and add spaghetti sauce. In a 9x13 baking dish layer hamburger mixture, then mac &cheese, then mozzarella. (I use a 1 cup measuring cup and spread it out evenly). End layers with a cheese layer. Everything is already cooked so bake at 350F until cheese is as melted or browned as your family prefers. Serve with Salad (or we do green beans).
Approx – $5.00 for entire pan.

Lemon Broiled Chicken

1/2 cup vegetable oil
3 tbsp. lemon juice
2 cloves minced garlic
1/4 c. minced parsley
1/4 c. Parmesan cheese
1 chicken, cut up

Mix first 5 ingredients in bowl. Brush on chicken. Place skin side down on rack in broiler pan. Broil for 15 minutes. Turn chicken over. Brush with butter mixture. Broil for 10 minutes longer.

Lisbon Liver

2 fl Dry white wine
1-1/2 Pound Lamb's liver; thinly sliced
2 Tablespoon Wine vinegar
5 Cloves garlic; crushed
1 Bay leaf
2 Ounce Bacon; chopped
Salt & pepper to taste

Make a marinade with the wine, vinegar, garlic, bay leaf and seasoning, pour it over the liver, cover and leave for 24 hours. Take out the liver and pat dry. Reserve the marinade. Heat in a frying pan sufficient oil to cover the bottom of the pan, add the liver and the bacon, and cook until tender over moderate heat, turning the liver once. Remove the meat and keep warm. Add the marinade to the pan, taking out the bay leaf, and reduce quickly. Pour it over the meat and serve, accompanied by fried sliced potatoes.

Macaroni Bake

2 cups dry elbow macaroni, cooked and drained ($.99 for entire box, so at most $.50)
1 small onion, diced (pennies)
1 small green bell pepper, diced (free from my garden, or about $.35 from local Farmer's market)
1/2 stick of margarine (pennies)
1 can tomato soup ($.33 on sale)
2 slices of American cheese singles, cut in half diagonally (whole package of 16 singles, store brand, on sale for $.99, so pennies)
Grated parmesan cheese (optional, as topping)

Cook and drain macaroni, set aside. Sautee onions and peppers in margarine until tender. Add vegetables to macaroni and mix lightly. Stir in soup. Pour mixture into a lightly oiled casserole dish and arrange cheese singles over top. Bake in 350F degree oven until heated through and cheese is melted (about 15 mintues). Sprinkle with parmesan cheese before serving. Serves 4. Approximate cost, $1.50 for the whole casserole.

Macaroni, Egg, and Ham Casserole

Elbow Macaroni
6 eggs
1/4 cup – Milk
1 1/4 cup – Ham/Turkey Ham – diced
1/2 cup – Parmesan Cheese
Salt/Pepper

Boil enough Macaroni to fill up your favorite casserole dish. Drain Macaroni and place in the casserole. Whisk the eggs together & add milk. Add 1/2 cup parmesan cheese. Add Salt/Pepper to taste. Pour mixture over the macaroni. Add 1 cup of the diced ham and stir in. Sprinkle the remaining ham and a little parmesan cheese over the top. Cover and bake at 350F for approx. 1 hour (depending upon the casserole size). It's done when the eggs are set up. Take off the lid for the last five minutes to brown the top a bit. Sometimes I add broccoli or beans to it.

MacWeenies

This is a quick, easy, and surprisingly tasty recipe for lunch or dinner.

2–3 packages store brand macaroni and cheese (3 – 4 packages for .99)
1/4 cup butter/margarine per package of macaroni used (?)
1/4 cup milk per package of macaroni used (?)
1 package hot dogs (on sale for 2 for $1.00)

Boil Macaroni as suggested on package. About 2 minutes into the macaroni boiling, add cut up hot dogs and allow to cook until both macaroni and hot dogs are done.

Drain macaroni and hot dogs in collander and return to pot.

Add butter, milk and the cheese packets from the boxes of macaroni and stir over very low heat until well blended.

That's all there is to it, all for $2.00 or less. Add a veggie or a salad and bread and you're done! I'm not a hot dog or even boxed macaroni fan, but I really like this — maybe because it's so easy!

Marinated Chicken

2–3 lbs. raw chicken (your choice of pieces)
8 oz. plain yogurt
1–3 cloves fresh garlic, minced
1 tsp. salt
1/2 tsp. cardamon powder
1/2 tsp. chili powder
1/4 tsp. cinnamon powder
1/4 tsp. ginger powder

Mix everything except the chicken, in a large stainless steel pan. Add the chicken and marinate in refrigerator at least 2 hours. Remove from marinade and place chicken, skin side up on broiler rack. Broil until seared on top. If it takes less than 10 minutes, your chicken is too close to the heat. If it takes longer than 20 minutes, your chicken is too far from heat. Turn chicken over and broil for 2–3 minutes or less. Remove chicken to serving platter. Simmer marinade for 5 minutes, pour over chicken, garnish with parsley (or whatever) and serve with rice.

Meatballs

1 lb. ground beef
1/4 c. chopped onion
1/4 c. uncooked rice
1/4 c. cracker crumbs
1/3 c. milk
1/4 tsp. salt
1/8 tsp. pepper
1/4 tsp. poultry seasoning
2 tbsp. bacon drippings
1 can tomato, celery, or mushroom soup
1 soup can of water

Combine ground beef with onion, rice, cracker crumbs, milk, salt, pepper, and poultry seasoning. Mix with fork until well blended. Shape into small balls. Heat electric skillet to 340 degrees. Add bacon grease. Add meatballs and brown on all sides. Add soup, which has been diluted with water. Cover and simmer 1 1/4 hours at 220 degrees.

Meatless Chili

1 can chili beans in gravy (.89)
1 can kidney beans (.89)
1 can stewed tomatoes (.67)
1/2 cup sliced celery (pennies)
1/4 cup diced onion (pennies)
1 Tablespoon chili powder (pennies)
1 cup cooked rice (pennies)
salt to taste
(optional) sour cream, grated cheese, hot sauce

In sauce pan, cook celery, onion and tomato for 5 minutes. Add everything else but rice, sour cream and cheese. Cover and simmer for 15 minutes. Add rice, put into bowls and top with any or all of the "optionals".

Meatloaf

1 can chicken or beef vegetable soup
3/4 lb. ground beef
1/2 cup oatmeal
1/2 cup milk
1 onion, chopped
1/2 tsp. salt
Dash of pepper
1 egg, beaten

Put soup in blender or mash fine. Combine all ingredients and put in baking pan or dish. Bake 1 hour at 350 degrees or until done. Will be soft but gets firmer as it cools. Great for sandwiches!

Meat Pie

1/2 lb. ground beef
1/2 lb. ground pork
1 lg. onion, sliced
2 1/2 c. tomato juice
1 pkg. frozen corn
2 tbsp. chili powder
1 tsp. salt
1/2 tsp. black pepper
Jiffy cornmeal mix
1 c. milk–eggs

In large skillet cook meat and onions together and drain off fat. Stir in remaining ingredients. Heat to boiling; reduce heat and simmer for 10 minutes. Mix Jiffy mix, milk and eggs. Pour meat mixture into casserole dish. Top with Jiffy corn bread mixture and bake at 400 degrees until bread is brown and done.

Mom's Goulash

1 lb. of ground beef (.99 on sale)
1 lb. of elbow macaroni (.50, I buy in bulk)
1 can of stewed tomatoes (.25 scratch and dent sale)
1–2 cans of tomato sauce (about .12 a can)
1 onion chopped (.10, 5 1bs for a 1.00)
Salt and pepper to taste (pennies)

Brown ground beef and onion until done. Meanwhile boil the macaroni. Drain the oil from the hamburger mixture, and drain the macaroni. Add the hamburger to the macaroni. Chop up tomatoes and add to the meat and macaroni. Add the tomato sauce and season to taste. Cook approx. 10 minutes on med heat.

Total cost 2.10 about .26 cents a serving.

Mushroom–Onion Chicken

2–4 chicken breasts (i usually get a large bag frozen on sale for 6 bucks)
1 can cream of mushroom soup (3 for 1.00)
1 cup milk (pennies)
2/3 cup french fried onions (small can on sale for 79 cents)
black pepper (pennies)

Heat a skillet. brown chicken, add soup and milk, stir... simmer about 10 min... add onions and season with pepper to taste.
Cheap, fast and easy....

Mystery Burgers

2 egg whites
1 cup low–fat or fat–free cottage cheese
1 cup rolled oats
1 pkg. onion soup mix

Mix ingredients together and make into small "burgers" or "meatballs." Fry in a small amount of oil, about 3 minutes on each side. I think these taste even better a day after you first make them. Less than $1.00 per batch.

Oriental Dinner

1 lb. ground turkey
4 pkg. top ramen noodles
1 lb. pkg. frozen mixed vegetables
1 tbsp. vegetable oil

Brown ground turkey. Cook mixed vegetables and drain well. Cook noodles and drain. Add oil to noodles and mix. Add 2 packages seasoning to noodles and mix well. Add other 2 seasoning packets to browned meat and mix well. Add vegetables to meat and mix well. Add noodles to meat and mix well. Good hot, good cold, good at room temperature.

Orzo And Vegetables

1 cup uncooked orzo
1 cup grated carrots (about 2 small carrots)
1/4 lb. asparagus, cut into 1–inch pieces, woody ends removed
3 scallions, finely chopped
3 garlic cloves, minced
1 tbsp. soy sauce
1 cup crushed stewed tomatoes with juice
2 cups shredded napa cabbage

Cook the orzo according to package directions. In a large bowl, combine the drained, cooked orzo, carrots, asparagus, scallions, garlic and soy sauce. Mix well. Pour into a greased baking dish. Sprinkle the cabbage over the orzo mixture, then top with the stewed tomatoes. Cover with aluminum foil, and bake at 350F degrees for 20 minutes or until the mixture is heated through and bubbly. Serve hot, or let cool to room temperature and serve as a pasta salad.

Pasta Fagoli

1 pound Ditalini (may substitute elbow Macaroni)
2 (15 ounce) Cans Hunts or supermarket brand Tomato Sauce (Not Spaghetti Sauce)
1 can chicken broth
1 can progresso cannellini beans (may substitute great northern or navy beans)
1 ounce extra virgin olive oil
2 cloves crushed garlic
1/8 tsp. oregano
1/2 tsp.salt
1/8 tsp. crushed red pepper (or may use ground black pepper)

In a 2 quart sauce pan, sauté garlic and oregano in olive oil over medium heat for about 30 seconds. Do not brown. Add tomato sauce, chicken broth, and beans. Add salt and pepper, and simmer for 10 minutes to blend flavors. Cook pasta according to package directions. I usually prepare it "al dente," (with a little bite to it, but no crunch). Drain Pasta, and return to pot. Add tomato/bean mixture, and serve. May sprinkle with Parmesan cheese if desired.

Pasta Veggies And Pesto

1 box vermicelli
1 can chick peas
2 carrots
1/2 head broccoli
1 can corn
Salt and pepper to taste

PESTO SAUCE:

1 c. olive oil
1 bunch fresh basil (1 c. chopped)
1/2 c. Parmesan
2 tbsp. chopped parsley

Blend pesto sauce ingredients, cover do NOT refrigerate, let sit for 2 hours or more. Add corn to water, boil; add pasta. When pasta is 3 minutes short of done, add sliced carrots, broccoli and chick peas to the water and continue cooking for 3 to 5 minutes. Drain and add 1/2 pesto mix, more if needed. Mix and serve.

Peanut Butter Cookies

1 Cup Peanut Butter (Smooth or Crunchy) .50 cents
1 Cup Sugar .25 cents
1 Egg .05 cents

Gently warm peanut butter in microwave safe bowl, stirring often until melted (1–2 minutes on low). Stir in the beaten egg and the sugar. Form into 1" balls and place on cookie sheet, then slightly flatten with a fork. Bake at 350 degrees for 8–10 minutes or until slightly golden brown. Yields about 16 sweet, warm, crumbly cookies that absolutely melt in your mouth! If you didn't know better, you'd think one of the main ingredients was flour! Can also be baked in a toaster–oven. (Hint... You'd better double this recipe!) Cookies cost about .05 cents each, and are so delicious and so easy! You can also experiment with toppings like sunflower seeds or even chocolate chips.

Pea Soup

One 16 oz can of peas
One 16 oz can of chicken stock/broth
1 teaspoon of dry dill
pepper
salt
pinch of sage
pinch of cumin

Empty can of chicken broth into pot start to heat and add teaspoon of dry dill.
Empty peas in with liquid contents of peas into a blender and puree, once pureed add to simmering broth.
Add a pinch of cumin and sage in desired.
Salt and pepper to taste.

Pizza Potatoes

1 pkg. scalloped potatoes
1 can (16 oz.) tomatoes
1–1/2 c. water
1/4 tsp. oregano leaves
1 pkg. (4 oz.) sliced pepperoni
1 pkg. (4 oz.) shredded Mozzarella cheese

Empty potato slices and package of seasoned sauce mix into ungreased 2 quart casserole. Heat tomatoes, water and oregano to boiling. Stir into potatoes. Arrange pepperoni on top and sprinkle with cheese. Bake uncovered 30 to 35 minutes at 400F degrees.

Pizza Casserole

1 lb. bulk sausage
8 oz. pkg. noodles
3 slices American cheese
1 can tomato sauce
1/2 tsp. oregano
Parmesan cheese

Brown sausage until crisp, drain fat. Prepare noodles according to directions. Line bottom of greased casserole with 2/3 noodles. Add sausage and sprinkle with oregano. Cover with slices of cheese and pour tomato sauce over top. Cover with rest of noodles and sprinkle with Parmesan cheese. Bake 25 minutes in 350F degree oven.

Polish Sausage Bake

1 pound smoked polish hot dogs. About 1.15 a pound when you buy the 3 pound package. (I freeze the rest for another day)
1 large green bell pepper .50 (when not out of my garden)
1 large onion or 2 med size ones .50
5 potatoes .50
1/2 cup Italian dressing .25 when bought on sale

Wash potatoes well (do not peel), take the outer skin off the onion and discard. then cube the pepper, onion, potato, and polish sausage into large chunks. Throw it all in a large plastic bag, add the Italian dressing and shake well. Empty contents of the bag into a large baking dish and bake at 350F for 30–45 minutes or until potatoes are tender. This costs about .75–.80 a serving and that is "big portions".

Pork Roast

4–5 lb. pork roast
3 c. water
3 tbsp. vinegar
1 c. brown sugar
1/2 tsp. cloves
1 tsp. mustard

Boil roast in water for 1 hour, pour off liquid, trim fat. Add 3 cups water and spices, boil slowly 1 hour. Let stand in mixture several hours or overnight. Serve hot or cold.

Potato – Salmon Au Gratin

7 potatoes peeled and sliced
1 onion, chopped
2 Tbs. butter or margarine
2 Tbs. flour
2 cups milk
1 can salmon
1/8 block of velveeta type cheese or 3/4 cup shredded cheddar
salt and pepper to taste

Melt butter or margarine in skillet. Cook onion until tender. Add flour. Whisk in milk. Boil for one minute, stirring constantly. While heat is low, add cheese and melt. Then add drained salmon to au gratin mixture. Arrange half of the sliced potates in casserole dish. Pour half of salmon mixture on top. Repeat. Bake for 1/2 hour at 350F degrees or until bubbly. We love this with sliced tomatoes out of the garden. Will feed 3 people 2 meals or 6 people one meal. Cost is approximately $4.00.

Potato Soup

1 garlic clove minced or crushed if your in a hurry
4 cups water
2 cups kale sliced and coarsely chopped
1–1/2 tsp salt

Bring to a boil, turn down and simmer about 8 minutes.

1 pound diced potatoes

Add to simmering kale broth and cook until tender. Now serve.
Couldn't be easier or cheaper.

Potato Casserole

2 lbs. frozen hash browns
1/2 c. margarine, melted
1 pt. sour cream
1 can condensed Cream of Chicken soup
1/2 c. onions, chopped
2 c. shredded Cheddar cheese
Salt & pepper to taste
2 c. Corn Flakes, crushed
1/2 c. margarine, melted

In large bowl, combine potatoes, margarine, cheese, salt and pepper, sour cream and soup. Place in a greased 13 x 9 x 2 inch pan. Combine crushed cereal and margarine. Sprinkle over top. Cover with foil and bake at 350 degrees for 20 minutes. Uncover and bake 20 minutes more.

Can be made in advance and refrigerated. If so, add 10 minutes to baking time.

Pot Roast

4 pounds beef roast (I prefer bottom round, usually purchased on sale at $1.60 lb, total about $6.40)
1 tablespoon vegtable oil (.05)
1/2 cup soy sauce (.50)
2 cups leftover coffee, regular or decaf (.10)
4 bay leaves (bulk or dollar store, .15)
2 minced garlic cloves (.15)
1 teaspoon oregano (.10)
2 large onions, sliced (.40)

Night before I heat fry pan, add oil, and brown roast. In a crockpot I mix half onions and rest of ingredients. Add roast and top with rest of onions. Start on low setting. In morning I then open and baste top of onions and roast well. Close and continue cooking until dinner. Serve with hard rolls (usually purchased from the day old rack at a grocery store for $1.00) and pan juices for dipping. Add salad or vegtable dish. Beef will be falling apart.

Raspberry Chicken

3 lbs. chicken leg/thigh combo
1/4 cup butter melted
1 cup rasberry jam (seedless)
2 Teaspoon balsamic vinegar
1 Tablespoon soy sauce
1/2 Teaspoon crushed red pepper

Place chicken in shallow pan, drizzle with butter and bake at 350 for 45 min. Combine remaining ingredients and spoon over chicken, bake another 15 to 20 minutes. Serve with a salad and Italian bread.

Red Beans & Rice

1 lb. smoked sausage (about $2.00 or less if it's on sale)
1 can (10 ounces) tomatoes and green chilies (about $.60 store brand)
2 cans (16 ounces each) red beans or dark red kidney beans,
undrained (about $.50 each store brand1 can (10 3/4 ounces)
cream of mushroom soup (about $.60 store brand)
3/4 tsp Creole seasoning (miniscule amount unless you have to buy a
new container; we keep some on hand all the time)
4 –5 cups cooked white rice (about $.50)

Cut up sausage into 1 inch chunks. Brown sausage in 10 inch skillet. Add tomatoes, beans, soup, and seasoning and heat through. Add cooked rice and heat through again, if necessary.

Rice and Raison Custard

1 cup of pre cooked rice (.20 if you buy the big bag)
1/2 cup Raisins (.40 also bought in bulk)
1 tsp. vanilla (too small to calculate)
2 eggs (.15)
1/4 cup sugar, white or brown (.20)
1/4 cup milk /fresh canned or powdered (varies depending on what's used)

Mix all ingredients in a pan and cook at 325F till a knife comes out of the center clean (about 20–30 min depending on how deep your pan is). If I have left over coconut I add it to the recipe. Also If you use it for a desert I've found that drizzling some corn syrup or molasses over the top makes it very yummy or, if you prefer, sprinkle with 1 tsp. powdered sugar.

Salisbury Steak

10 1/2 oz. can cream of mushroom soup
1 cup water
1 lb. ground chuck
1/3 cup fine bread crumbs
2 tbsp. minced onion
2 tbsp. minced parsley
1 egg
Salt and pepper to taste

Blend soup with water. Measure 1/4 cup soup mixture and combine with ground beef, bread crumbs, onion and parsley, egg, salt and pepper. Shape into oblong patties and brown. Pour remaining soup mixture over patties. Cook covered over low heat about 20 minutes.

Salmon Burgers

1 14.5 can salmon –bones and skin removed (1.00 on sale)
1 garlic clove, minced or pressed (2 cents)
1/2 –3/4 cup bread, cracker or cornflake crumbs (free?)
chopped onion to taste (5 cents)
1/4 cup mayonnaise with optional horseradish (10 cents)
1 egg (7 cents)
Dash of Old Bay seasoning or lemon pepper or oregano, thyme, and basil

4 toasted hamburger buns (40 cents)
lettuce and tomato (20 cents)

Mix everything except buns, lettuce and tomato together. Shape into burgers – cook in nonstick frying pan and a little oil on medium high until brown and crisp on the bottom, flip over and brown other side. Serve on buns with lettuce tomato, and other burger fixings (also good as salmon cheeseburgers with American cheese and the old bay seasoning, or salmon Parmesan burgers with mozzarella and a dab of tomato sauce – in which case use the oregano, thyme and basil combo of spices and add extra garlic if desired). Cheap, nutritious, can be customized lots of ways with spices — and kids like 'em.

Salmon Cakes

1 can salmon ($2/can)
1/4 cup relish (about 10 cents)
1/4 cup mayonnaise (about 10 cents)
1 diced carrot or celery stick (about 10 cents)
One lemon (about 30 cents)
1/4 cup corn meal (about 10 cents)
vegetable oil spray (negligible, about 10 cents?)

This is quick and healthy. Combine salmon, relish, mayonnaise, carrot/celery. Zest the lemon and mix zest and juice of lemon with salmon mixture. Form into patties. I use this quick technique: Sprinkle a little corn meal in the bottom of a quarter cup measuring cup. Add salmon mixture almost to top. Top with more corn meal. You end up with about 10–12 perfectly sized, corn meal coated salmon cakes. Pan "fry" on medium to medium high about 2–3 minutes per side. With a salad and a loaf of bread, a great meal.

P.S. You can take the bones out of the canned salmon but I keep them in; they taste fine and provide calcium. A yummy way to get those healthy omega oils (from the salmon) in your diet.

Total cost about $2.80 for entire recipe, 70 cents per person.

Salmon Quesadillas

2 garlic cloves, minced [or a couple of scoops out of a jar of pre–minced] (cents)
1 teaspoon vegetable oil (cents)
1 can (14.75 oz) salmon, drained, bones and skin removed (.99)
1 to 2 teaspoons of dried basil (cents)
1/2 teaspoon pepper (cents)
1 tablespoon butter or margarine, softened (cents)
4 flour tortillas (pkg of 10 for 1.39)
2 cups (8 oz) shredded cheese [mozzarella, jack, cheddar, etc.]
(1.99 mixed pizza cheese, pre–shredded)
Salsa [I use a can of RoTel tomatoes w/green chiles...cheaper and no one can tell the difference] (.59)

In a skillet, saute garlic in oil, stir in salmon, basil and pepper. Cook over medium heat until heated through. Meanwhile, spread butter over one side of each tortilla. Place tortillas, buttered side down, on a griddle. Sprinkle each with 1/2 cup cheese. Spread 1/2 cup of salmon mixture over half of each tortilla. Fold over and cook on low for 1–2 minutes on each side. Cut into wedges, serve with salsa. (four servings, at a cost of about $1.00 each).

Sausage And Cheese Casserole

1lb. Breakfast Sausage
12 Ozs. Of Macaroni
1 Can Cheddar Cheese Soup
1/2 Soup Can Of Milk
1/8 Tsp Black Pepper
1/4 Tsp. Dry Ground Mustard
1 Medium Onion, Chopped
1/2 Cup Chopped Green Bell Pepper Or Whatever Color You Have
1/2–3/4 Cup Grated Cheddar Cheese

Cook noodles according to package directions and drain. Crumble sausage and cook in frying pan until done...drain off grease.. You want it to be like crumbled hamburger meat. In large bowl, dump hot noodles, soup, spices, milk, onion, peppers and cooked sausage. Mix together well and then add your grated cheese. Put into a casserole dish and cook uncovered at 350F for 30–45 minutes, depending on how brown you want the top to be.

Shepherd's Pie

1 lb ground turkey ($.85)
1 – 8 oz can tomato sauce ($.30)
1 or 2 cans drained green beans (up to $1.00)
2 or 3 cups mashed potatoes, from instant ($.30)

Brown turkey in a greased skillet, add tomato sauce and green beans, season to taste. Dump into 9" casserole dish. Drop spoonfuls of prepared mashed potatoes onto mixture. Bake at 350 degrees until lightly browned, about 25 minutes. This serves 4 very hungry people — can be stretched by putting in larger dish and adding more mashed potatoes.

Skillet Cabbage

3 tbsp. margarine
1/2 lb. lean ground beef
1/2 c. chopped onion
4 c. shredded cabbage
3 tbsp. flour
1 tsp. salt substitute
1/4 tsp. paprika
1/2 tsp. celery seed
3/4 c. low fat milk
Salt to taste

Melt margarine in large skillet. Add ground beef and onions. Cook stirring frequently until meat looses it's pink color and begins to brown. Add cabbage and continue to cook over moderate heat stirring frequently until cabbage is wilted and starts to brown. Sprinkle flour and seasonings over cabbage, stir until flour disappears. Add milk, reduce heat, cover skillet. Simmer 25 minutes or until cabbage is tender. Taste, add salt if needed.

Spam & Gravy On Biscuits

1 Can Refrigerated large buttermilk biscuits
1 Can Spam (12 oz.)
1/4 Cup Onion, chopped
2 Tablespoon Butter or margarine
2 Tablespoon Black pepper
2 Cup Milk

Prepare biscuit according to package directions. In a large skillet over medium–heat, saute Spam and onion in butter until Spam is lightly browned. Stir in flour and pepper. Cook 1 minute, stirring constantly. Stir in milk. Cook, stirring occasionally, until mixture just comes to a boil. Reduce heat to medium. Cook, stirring occasionally, until gravy is thickened. Serve over hot biscuits.

Spanish Rice

1 lb. pork sausage – mild or hot (.99)
1 small onion – chopped (.25)
1 green pepper – chopped (.25)
1 16 oz. can of diced tomatoes (.33)
1 cup of water (free)
3/4 cup of rice (.30)

Brown sausage, onion, and green pepper in skillet over medium heat. When sausage is browned and vegetables are tender add tomatoes, rice, and water. Simmer covered, over low heat, stirring occasionally. Cook about 20 minutes or until rice is done. Serve with bread.

Steak And Mushrooms

3 sm. onions, diced
1 clove garlic, chopped
1 c. sliced mushrooms
1 tbsp. butter or margarine
Salt & pepper
1–1/2 c. water
1/3 c. tomato juice
1 env. Au Jus gravy mix
1 1/4–1–1/2 lb. boneless top round steak, cut up

Cook onions, garlic and mushrooms in butter. Add cut up steak. Brown until done. Add water and tomato juice; stir in gravy mix. Simmer 4 minutes. Serve over rice or noodles.

Stuffed Peppers

4 large bell peppers (red, yellow, or green) (4 or 5 for 1.00)
1 medium onion (.25)
3 cups cooked rice (pennies)
1 large can of tomatoes (.49)
1 can of black beans (.25)
1/2 cup of grated cheddar cheese (.25—.99 for 2 cups)

Preheat oven to 350 F.

In large bowl mix cooked rice, diced onion, beans, and tomatoes. Salt and pepper to taste.

Cut off tops of peppers and clean out the insides. Stuff with mixture. Sprinkle grated cheese on top.

Pour 1/2 cup of water in a shallow casserole dish and place stuffed peppers in this. Cook for 30 minutes or until peppers are tender. This is a great main dish. Serves: 4

Sweet & Sour Meat Balls

1 lb. lean ground beef
1/4 c. bread crumbs
1 egg, beaten
Sprinkle garlic salt, pepper
1 lg. onion, quartered
2 carrots, sliced
1 green pepper, cut in quarters

Form 10–12 medium sized meat balls. Heat oil in large fry pan. Brown meatballs evenly and cook until done. Remove and set aside. Pour off all but 2 tablespoons of fat, add prepared vegetables and stir fry over medium heat for 10–15 minutes until crisp.

SAUCE:

1/2 c. brown sugar
1 tbsp. cornstarch
1/3 c. water
1/4 c. white vinegar
1 tbsp. soy sauce
1 chicken bouillon cube

Combine sugar, cornstarch gradually. Blend in water, vinegar and soy sauce. Add bouillon cube. Bring to a boil, stirring until thick and clear. Add vegetables and meatballs. Heat and serve over rice.

Taco Casserole

1 pound ground beef .88 on sale
1 can store brand mushroom soup .59
1 can store brand rotel tomatoes .50
1 store brand taco kit 1.00
1 block cheese, shredded .99 on sale

Brown ground beef and drain. Add mushroom soup, rotel tomatoes, taco seasoning and taco sauce from kit. Heat together. Take taco shells and heat according to package directions in oven. (Will not work if heated in microwave.) Crumble half of heated taco shells and line bottom of square pyrex dish. Add beef mixture, then crumble other half of shells over beef mixture. Layer shredded cheese over shells. Cover with foil and heat in oven for 25 – 30 minutes on 350 degrees. This makes six servings and each serving costs .66!

Taco Cornbread Pizza

1 pkg. (8.5 ounces) corn muffin mix ($.28)
1 lb. ground beef ($.99 on sale)
1 pkg. (1 1/4 ounce) Taco seasoning mix ($.40)
1 pkg. (8 ounces) shredded cheddar cheese, divided ($1.50 on sale or buy generic block and shred yourself)

1. Prepare corn muffin mix as directed on package. Spread batter into greased 12 inch pizza pan (or use parchment paper on a baking stone). Bake at 400 degrees for 8 to 10 minutes, or until lightly brown.

2. Brown meat; drain. Add Seasoning; prepare as directed on package. Sprinkle 1 cup cheese over baked crust. Top with meat mixture and remaining cheese.

3. Bake 4 to 5 minutes, or until cheese is melted.

It tastes great by itself, but if you want to dress it up, top it with favorite taco toppings like lettuce, tomato, sour cream, and salsa. Serves 8 at $.40 a serving!

Taco Soup

1 pound hamburger
2 cans (12 oz.) Tomato Juice
2 cans (15 oz.) Dark kidney beans ... DO NOT DRAIN
1 can Nibblets corn ... DO NOT DRAIN
1 envelope taco seasoning mix
Grated Cheddar Cheese

Cook and drain hamburger. Put all ingrdients in large sauce pan or crock pot (5–1/2 hours on high or 8 hours on low) and heat. Serve over corn chips and top with cheese.

Tamale Pie

1 1/2 lbs. ground beef (.99 per lb.)
1 jar salsa (1.50)
1 can green chilies (.50)
2 cups pepper jack cheese (or any other cheese you like) (1.50)
2 boxes jiffy cornbread mix (.25 per box)
1 can refried beans (.50)
1 can whole kernel corn (drained) (.33)

In a bowl, prepare cornbread mix as package directs adding 1/2 can corn, set aside. In a skillet brown ground beef, drain. In a large bowl combine beef, salsa, chilies, remaining corn and 1 cup cheese. Spread refried beans in the bottom of a well greased 13 x 9 x 2in glass pan. Top with meat mixture and remaining cheese. Top with cornbread mix. Bake at 350F for 20–25 minutes or until heated through and cornbread topping is well cooked. Yield: approximately 8 servings. Total price per serving: $.73

Tater Tot Casserole

1 pkg. tater tots, 16 oz. bag
1 can cream of celery or mushroom soup
1 med. onion
1–1/2 lbs. lean ground beef

In a 9x13 inch glass pan spread ground beef evenly. Spread on can of soup. Chop onion and spread evenly. Empty bag of tater tots on top. Cook at 350F degrees for one hour. Drain, cool and eat. Cheap, easy and good!

Thrifty Salad Mold

1 pkg. lemon flavored gelatin
1–1/2 c. hot water
1/3 c. syrup from peaches
2 tbsp. vinegar
Few grains salt
1 c. canned cling peach slices
1/2 c. finely shredded cabbage
1/2 c. diced celery
1 tbsp. diced pimiento
Salad greens
Mayonnaise

Dissolve gelatin in hot water. Blend in peach syrup, vinegar and salt, and cool until slightly thickened. Fold well drained peaches, cabbage, celery and pimiento into thickened gelatin. Spoon into 6 individual molds or one large mold and chill until firm. Unmold on salad greens and serve with mayonnaise.

Toasty Cheese Bake

8 slices white bread
Butter or oleo
1/2 lb. ground beef
1/4 c. onion, chopped
1 tbsp. prepared mustard
1/4 tsp. dry mustard
1 c. sharp cheese, shredded
1 egg, slightly beaten
3/4 c. milk
1 tsp. salt
2 tbsp. celery, chopped
Dash of pepper

Preheat oven to 350 degrees. Toast bread and butter on both sides. Cook and stir meat, onion, celery, prepared mustard, and 1/2 teaspoon salt. Cook until onion is tender and beef is brown. Alternate layers of toast, meat mixture and cheese in greased 9 x 9 x 2 inch baking pan. Add 1/2 teaspoon salt, pepper, dry mustard and milk. Pour over layers in pan. Bake uncovered for 30 to 35 minutes.

Tuna Casserole

1 regular can of tuna (approximately .75 cents)
1 can of mixed vegetables (.34 cents)
1 can cream of mushroom soup (.50)
½ bag of egg noodles ($1.00)
chopped onion to your liking and 2 gloves minced garlic (pennies)
Parmesan cheese (pennies)

I started by boiling ½ bag of egg noodles per directions and
drained. In saucepan, I sautéed chopped onion and garlic,
then added all other ingredients except Parmesan cheese and heated through.
When noodles are finished, fold all ingredients into casserole dish and
sprinkle with Parmesan cheese. Bake at 350F for 20 to 25 minutes.
Very tasty and only around .45 per serving for six servings.

Tuna Chili Surprise

1 pound pasta spirals
1 tbs butter or margarine
1 tbs plain flour
1/2 cup milk
2 chicken stock cubes
1 pound frozen mixed veggies or equivalent fresh diced veggies
2 cans tuna in water, undrained
1 tbs sweet chili sauce
1 cup grated cheese (optional)

Cook pasta and drain.
In a saucepan, melt butter and stir in flour for one minute over medium heat. Add milk and chicken stock cubes. Stir well. Add veggies and heat through. Add tuna and pasta. Stir well. Add chili sauce.

Place in oven proof dish. Sprinkle with cheese and heat in a moderate oven until gold on top.

Turkey Scaloppine

3/4 lb. turkey breast slices
1/2 cup flour
1/2 tsp. salt
1/8 tsp. pepper
2 tbsp. olive oil or canola oil
3 scallions, finely chopped
1/2 cup homemade or low–sodium canned chicken broth
1 cup canned crushed tomatoes, drained
1 tsp. dried oregano
1 garlic clove, minced

1. Place the turkey breast slices in a single layer inside a zip–top bag. Gently pound with a mallet until flattened to an even thickness of 1/8 inch.

2. On a sheet of waxed paper, blend the flour, salt and pepper. Dredge each scallop in the flour and set aside. Heat 1/3 of the oil in a saut pan. When it's hot, place a few scallops in the pan and brown for about 1 minute on each side. Set aside on a plate in a 250–degree oven and repeat with the remaining scallops, adding oil between batches as necessary.

3. When the last scallop is browned and in the oven, add the scallions to the pan and saut for 1 minute. Add the chicken broth, swirling to loosen the browned bits on the bottom. Add the crushed tomatoes, oregano and minced garlic, and simmer over low heat for 2 minutes. Spoon a little sauce over each scallop and serve with noodles tossed with olive oil and parsley.

Turkey Soup

1 turkey carcass
2 onions, chopped
6 stalks celery, chopped
6 carrots, chopped
2 chicken bouillon cubes
1 c. rice or 6 cubed potatoes
Salt & pepper to taste
Dash parsley

In enough water to cover carcass boil carcass for 2 hours. Pick meat from bones. Strain broth and return broth and meat to pan. Add remaining ingredients. Simmer for 1 hour. *For extra hearty soup, add any leftover mashed potatoes, stuffing and gravy to soup.

Turkey Pot Pie

2 cups cooked turkey, cubed (pennies if using leftovers)
1 can cream of chicken soup ($.60 on sale)
1 can Veg–all brand mixed veggies, drained ($.50)
1 can biscuits ($.50 on sale)

In a 2 quart casserole dish combine turkey, soup and veggies; mix well. Bake at 350F for 15 minutes or until heated through. Remove from oven. Place biscuits on top of casserole. Increase oven heat to 400F and bake an additional 10–15 minutes or until biscuits are golden brown. Total cost of this dish is around $2.00 for 6 servings.

Vanilla Ice Cream

1 can low fat evaporated milk chilled
6 tables spoons skim milk powder
1 cup of non fat yogurt
2 tablespoons honey
1/2 teaspoons vanilla essence (or you can add any other flavorings, fruit pulp, nuts, etc to make this special)

Combine all ingredients in a large bowl beat for 3 minutes. Place in freezer for 40 minutes until well chilled and starting to jell up. Remove from freezer and beat until creamy, thick and double in size. Pour into ice cream container and freeze.